



White: Cauliflower

Mark Twain described the cauliflower as a
"cabbage with a college education."

You can be smart too by eating cauliflower—
one serving (1/6 medium head) contains 100% of your daily-
recommended vitamin C!

Roasted Garlic Cauliflower

Ingredients:

2 tablespoons minced garlic
3 tablespoons olive oil
1 large head cauliflower, separated into florets
1/3 cup grated Parmesan cheese
1 tablespoon chopped fresh parsley
Salt and black pepper to taste

Directions:

- 1) Preheat the oven to 450 degrees F Grease a large casserole dish.
- 2) Place the olive oil and garlic in a large re-sealable bag. Add cauliflower, and shake to mix.
- 3) Pour into the prepared casserole dish.
- 4) Bake for 25 minutes, stirring halfway through.
- 5) Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

1/2 cup of cooked cauliflower is 1 serving of vegetables.